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Chrissy Teigen, John Legend welcome first daughter. 12

Don Cheadle does his finest Miles Davis. 14-15

Papelbon among hated former Philly stars. 19

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E-HAILING A COMPROMISE?

A stalemate between local regulators and Uber and Lyft may be nearing an end. 2

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3 THINGS YOU NEED TO KNOW

NFL'S $1B CONCUSSION SETTLEMENT UPHELD BY U.S. APPEALS COURT

1 A federal appeals court on Monday upheld the National Football League's estimated $1 billion concussion settlement with retired players, calling the agreement imperfect but fair. A small group of players had objected to the deal, which was approved in April 2015 by U.S. District Judge Anita Brody in Philadelphia, because it did not cover potential victims of a degenerative brain disease that scientists have linked to repeated blows to the head. The settlement calls for payments of up to $5 million each to former players diagnosed with certain neurological disorders, but it does not address chronic traumatic encephalopathy (CTE), which some researchers say can be caused by concussions. REUTERS

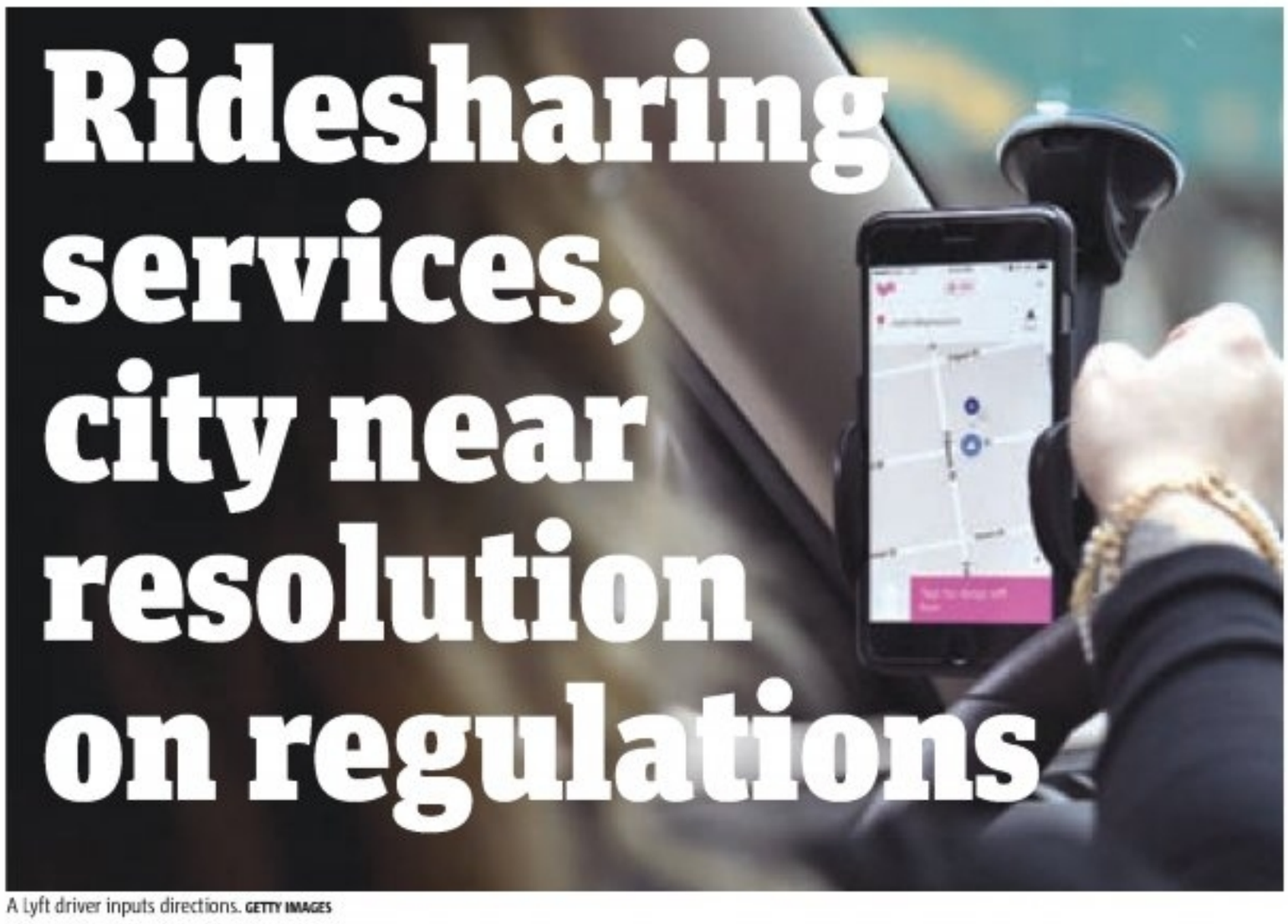
SYRIAN OPPOSITION ASKS UN TO HALT PEACE TALKS

2 The mainstream Syrian opposition asked the United Nations to halt peace talks and rebels launched a new offensive against government forces, accusing the world body of bias in favor of President Bashar al-Assad. The opposition's coordinator at the Geneva talks, Riad Hijab, said earlier it was unacceptable for talks to go on if the government and its allies pushed on with sieges and bombing civilian areas, echoing criticism of government offensives elsewhere. Only three delegates met U.N. envoy Staffan de Mistura for talks on Monday, instead of the usual 15, after a letter signed by unspecified "armed revolutionary factions" said de Mistura and the government were trying to put forward "half-solutions." REUTERS

AMAZON OFFERS VIDEO STREAMING SERVICE AS MONTHLY SUBSCRIPTION

3 Amazon said it would offer its video streaming service as a monthly subscription as it looks to drive membership in its Prime bundle. Amazon Prime Video, which is the first service to be separated from the Prime service, will cost $8.99 per month, according to the company's website. At the same time, Amazon will offer its Prime subscription on a monthly basis for $10.99 per month. Current members of the Prime service, which includes access to music and faster delivery options, pay $99 per year. Netflix, which offers a similar video subscription service, could be hurt by the move, analysts said. "Amazon certainly has the brand name, the customer relationships, and the focus on high-quality consumer experiences to impact the growth in Netflix's U.S. subscriber base," RBC Capital Markets analysts said in a note. REUTERS

Ridesharing services, city near resolution on regulations



A Lyft driver inputs directions. GETTY IMAGES

After months of a stalemate between local regulators and the taxi apps, a legislative resolution appears to be drawing near.

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At a recent meeting in Harrisburg, Consumer Affairs committee chair and state Rep. Bob Godshall (R-Montco) issued an ultimatum to representatives of Uber, Lyft and the Philadelphia Parking Authority (PPA).

Godshall told them to come back to the committee April 27 with a compromise on new state legislation for a regulatory framework for the controversial ride-sharing services — failing that, the committee will write it themselves.

"I don't want to hurt Philadelphia, but at the same time we have to get this thing settled somehow. I'm trying to make sure that as few people get hurt as possible. ... All I'm trying to do is make sure there's a little bit of fairness in this whole thing," Godshall said Monday. "Consumers are entitled to insurance, background checks, and safe vehicles — and that's all we're looking at."

This legislation to legalize Uber and Lyft under the regulation of the Pennsylvania Utilities Commission was introduced by state Sen. Carmen Bartolotta (D-Pittsburgh) last August. It passed the state Senate 48-2 in December, but has since been stalled in the House.

If it passes committee next week, it could go straight to the full house for a vote, and then to the governor's desk. But Godschall said he wants the compromise ready Thursday or Friday for next week's hearing.

Godshall said the delay in passing the bill has been purely because of the standoff among Uber, Lyft and the PPA.

"Philadelphia has been the downfall of this thing because of the PPA," Godshall said. "if it were not for the Philadelphia problem, we would have had this long ago. ... It should have been taken care of months ago."

"It's not a perfect bill, but we are supportive of moving forward."

Wilson

Not one to play favorites, Godshall also had harsh words for Uber, who he accused of an "intimidation" for sending out a mailer to committee members' constituents urging them to tell their representatives to support passing the bill.

"When you have all the money in the world at your disposal, I guess you can do a little bit of what you want to do," he said.

Further heightening tensions, UberX drivers started picking up passengers from the Philadelphia International Airport last week, sparking the ire of drivers' associations.

A meeting was scheduled for Tuesday between Uber, Lyft, the PPA and elected officials from Philly to discuss the compromise, according to a source familiar with the legislation.

"There are meetings and ongoing discussions, and we're hopeful of a compromise as well," said PPA spokesman Marty O'Rourke. "The goal is to ensure public safety."

"We're continuing to meet with all stakeholders to make sure that Philadelphians won't lose access to affordable, reliable rides and economic opportunities," said Uber spokesman Craig Ewer.

One sticking point in this legislation's process was that it called for the Pennsylvania Utility Commission to regulate Uber and Lyft. But early on in the fight over this bill, the PPA said they should be in charge of regulating Uber and Lyft in Philly, not the PUC.

"It's not a perfect bill, but we are supportive of moving forward," said Lyft spokeswoman Chelsea Wilson. "There are not rules for ride-sharing in Philly right now. It's inaccurate to make the claim that we're illegal, because there are not rules that cover what we do. ... I think this is something people want."

Uber launched in Philly in October 2014, Lyft in January 2015. In 66 of 67 counties, Uber and Lyft have been operating under a temporary special license from the PUC that expires at the end of the year. If passed, this legislation would legalize Uber and Lyft statewide.

One politician from Philly who strongly supports passing the bill is state rep. Jordan Harris.

"In my neighborhood, ride-sharing has been happening for years illegally — with the hackman," said Harris, referring to illegal or "hack" cab service. "Many people in my district like ride-sharing. If you call a cab, you wait 45 minutes to an hour. ... From my own experiences, I've been out, downtown, and cabs don't stop."

"There needs to be oversight, we don't disagree on that. But it's important that a compromise is reached."

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Teachers union, 'WithinReach' back Kenney's universal pre-K proposal

As Mayor Jim Kenney continues to build his coalition of backers for his universal pre-K campaign, he's making strides with his allies in the teacher's union.

Folks from the WithinReach Campaign and the Philadelphia Federation of Teachers (PFT) joined Kenney on Monday at LaSalle University to discuss how cities and states can lead the way in implementing pre-K for all working families.

Currently, more than 17,000 children in the city do not have access to pre-K, and statistics show 68 percent of Pennsylvania children younger than age 6 have both parents in the workforce.

If the mayor is successful in getting his three-cents-per-ounce soda tax passed, he plans to put those revenues toward universal pre-K.

On Monday, Kenney visited CORA Services Early Years at LaSalle University, a Keystone STAR 4 accredited program, to see how they do things.

Kenney interacts with pre-K students. PROVIDED

"We're proposing to expand access to quality pre-K in Philly, but cities can't do it alone," said Kenney.

"As we're having a debate about our national priorities, early education needs to be at the forefront."

With the presidential primary next week, Kenney, the WithinReach Campaign and the PFT used the CORA visit to build momentum around the push for universal pre-K and Kenney's soda tax proposal.

"We launched the WithinReach Campaign in November to call on all presidential candidates to prioritize finding national solutions to put high-quality pre-K within reach for working families," said Sarah Baron, campaign manager for early childhood learning at the Center for American Progress.

"Kenney has been a leader on this issue in Philly. Now is the time to ensure Pennsylvanians are thinking about early education as they're making their decision. We're calling on all candidates to make this a major priority. I think right now our nation is having a debate about our priorities and what we want for the middle class — let's ensure that when we're having this debate, early education and child care is a major part of it."

Kenney faces a bit of an uphill battle, however, in getting his soda tax passed through city council.

Former Mayor Michael Nutter was twice unsuccessful at getting a similar tax passed, and it was less than the three cents per ounce the mayor is proposing now.

JENNY DEHUFF

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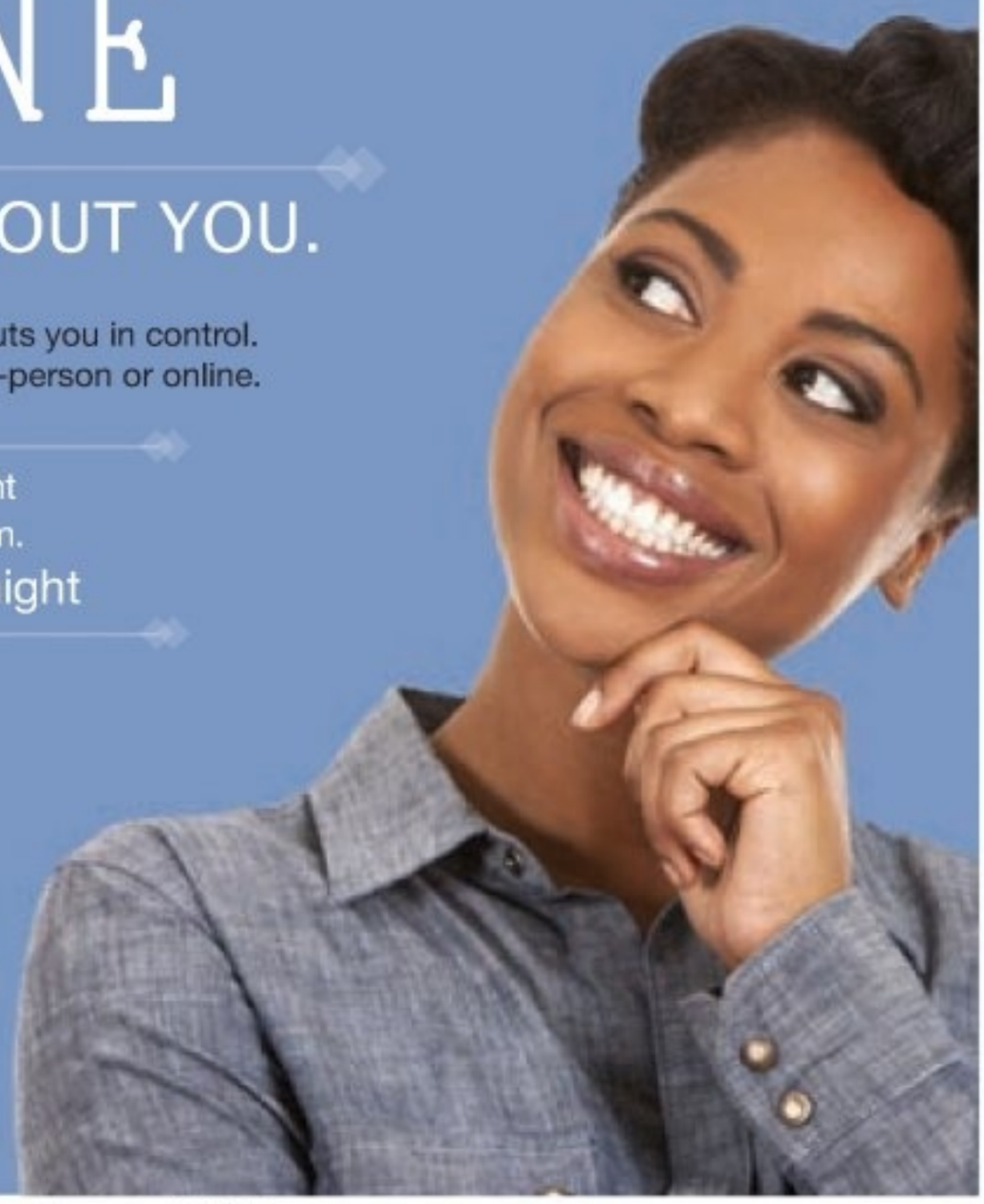
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Man allegedly killed three, including brother

Cops say he called in and said he had shot three and wouldn't come out until sunrise.

SAM NEWHOUSE
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sam.newhouse@metro.us

The man charged with allegedly murdering three, including his own brother, was identified by police on Monday.

James Elijah Dickson, 46, is charged with three counts of murder for allegedly killing one woman and two men.

Dickson called police at 3:53 a.m. Sunday to say that he had shot three people, and told them "that he was not opening the door until the sun comes up" and that he was armed with a shotgun, according to the police report.

After a phone negotiation with a perimeter in place outside his home on the 600 block of West Westmoreland Street, Dickson surrendered at 5 a.m., police said.

Police said they entered and found the bodies in the living room, dining room and kitchen on the first floor of Dickson's home.

The victims were his brother, his brother's girlfriend, and another man, the Inquirer reported. A fourth victim sustained a gunshot wound but escaped and was treated at Temple Hospital. No motive was listed.

James Elijah Dickson PROVIDED

Dickson, a registered sex offender under Meghan's Law who was convicted in 1991 of rape, was sought by authorities after being released in 2013 from a state prison in Frackville without reporting his new address. He did report his address after moving to the 600 block of West Westmoreland Street.

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Man arrested in connection with cop-related shooting

A suspect has been arrested for allegedly shooting a Philadelphia police officer during an altercation in West Philadelphia on Sunday night, police said Monday.

Scott Griffin, 23, was taken into custody Monday afternoon after undercover officers apprehended him on North Alden Street in West Philly.

"A dangerous man is off the streets," Police Commissioner Richard Ross said during a press conference.

Griffin reportedly had more than a dozen prior arrests and allegedly had a gun on him when police caught up with him Monday. Investigators were running ballistics tests to determine if it was the same weapon used in Sunday's shooting.

PPD badge CHARLES MOSTOLLER

The officer wounded, Officer James McCollough, 24, encountered Griffin Sunday night while patrolling West Philly's 18th District, according to police. It was just before 9 p.m. when a woman flagged down McCollough at the corner of Salford and Market streets, claiming she had just been carjacked by two men. That's when the officer got into a scuffle with the suspect, who then fled, and McCollough gave chase.

Police said that during the pursuit, Griffin allegedly turned and opened fire, and McCollough was hit once in the left thigh. He was taken to Penn Presbyterian Medical Center, where he was treated for his injury and spent the night. He was released Monday afternoon.

Two others suspects were taken into custody Monday as well. Their names have not been released. JENNY DEHUFF

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New details in daughter shooting

Police laid out a narrative of how a man killed his own daughter and then tried to conceal the crime from police.

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Maurice Phillips PROVIDED

A man has been charged after confessing to killing his 4-year-old daughter in a North Philly home Saturday while he was playing with his gun.

The young girl, identified as Tahirah Phillip, was shot in the face around 2:25 p.m. in the 200 block of East Mayfield Street near B Street, according to police. She was pronounced dead by medics at 2:27 p.m.

Maurice "Stephon" Phillips, 30, who has a picture of a gun and a box of hollow-point bullets as his cover photo on Facebook, was charged with third-degree murder for the shooting.

Police released a grim narrative of how the shooting took place inside the home, where Tahirah and six other children, ages 13, 10, 5, 3, 1 and 7 months, lived.

"The children were watching television and playing in the room when a single gunshot was heard, and Tahirah Phillips fell to the floor with a bullet wound to her head. The other children became upset and began yelling," the police report stated.

"Maurice Phillips then got off the bed where he was sitting and struck his 5-year-old daughter with a closed fist, then wiped the blood from his hand onto her shirt. He then picked up Tahirah and carried her into the rear bedroom; called his fiancee, and told her to come home. When she arrived he followed her to the bedroom where Tahirah was lying. Maurice Phillips then changed clothes and fled the residence," the report continued.

Police initially reported a 5-year-old sibling in the house may have accidentally killed the girl while playing with the gun.

Phillips turned himself in on Sunday morning.

"Maurice initially denied responsibility; however, he later told investigators what occurred," the police report stated.

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Search and rescue workers on duty over the collapsed buildings in Pedernales, Ecuador, on the Pacific coast. GETTY IMAGES

Ecuador quake survivors relate harrowing tales, mourn the dead

The nation's worst quake in a decade killed more than 413 people, injured another 2,000, flattened buildings and tore apart roads along the Pacific coast.

During a terrifying five hours trapped in the rubble of her own restaurant, Filerma Rayo almost lost hope.

"I was yelling and yelling and then, at the end, I started to think I would die there," said Rayo, 33, as she nursed a crushed foot, pinned by a falling piece of cement when a 7.8-magnitude earthquake shook Ecuador on Saturday.

"It was my siblings who saved us, the rescue teams hadn't arrived yet," said Rayo, who runs a restaurant on the bottom floor of a now-shattered hotel in the worst-hit town of Pedernales, a rustic beach location on the Pacific coast.

Her three brothers and sisters, also from Pedernales, came looking for Rayo and her husband, who suffered head injuries, after the quake. Guided by her shouts, they managed to remove the rubble and pull her out around midnight, well before emergency crews arrived.

Nearly 100 neighbors in Pedernales were not so lucky.

They died when the earthquake struck, sending pastel-top floors crashing to the ground, punching holes in the facade of the church on the main square and obliterating a local hotel, its roof jack-knifed and crumbling.

More than 600 people were treated for injuries at tents in the town's still-intact football stadium or were transported by ambulance or helicopter to regional hospitals.

Most of the corpses recovered were taken to the stadium and laid out under tents. Only four of 91 had not been identified by families. Wakes and burials were being quickly arranged.

Queues for supplies such as bottled water, blankets and food snaked along the stadium walls, as government and Red Cross workers rushed with aid supplies to the lush, hilly zone next to Pacific beaches. REUTERS

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A non-mandatory Pre-Proposal conference is scheduled for 11:00 am on May 2, 2016 at PHA's Sourcing Department, 3100 Penrose Ferry Rd., Phila., PA 19145.

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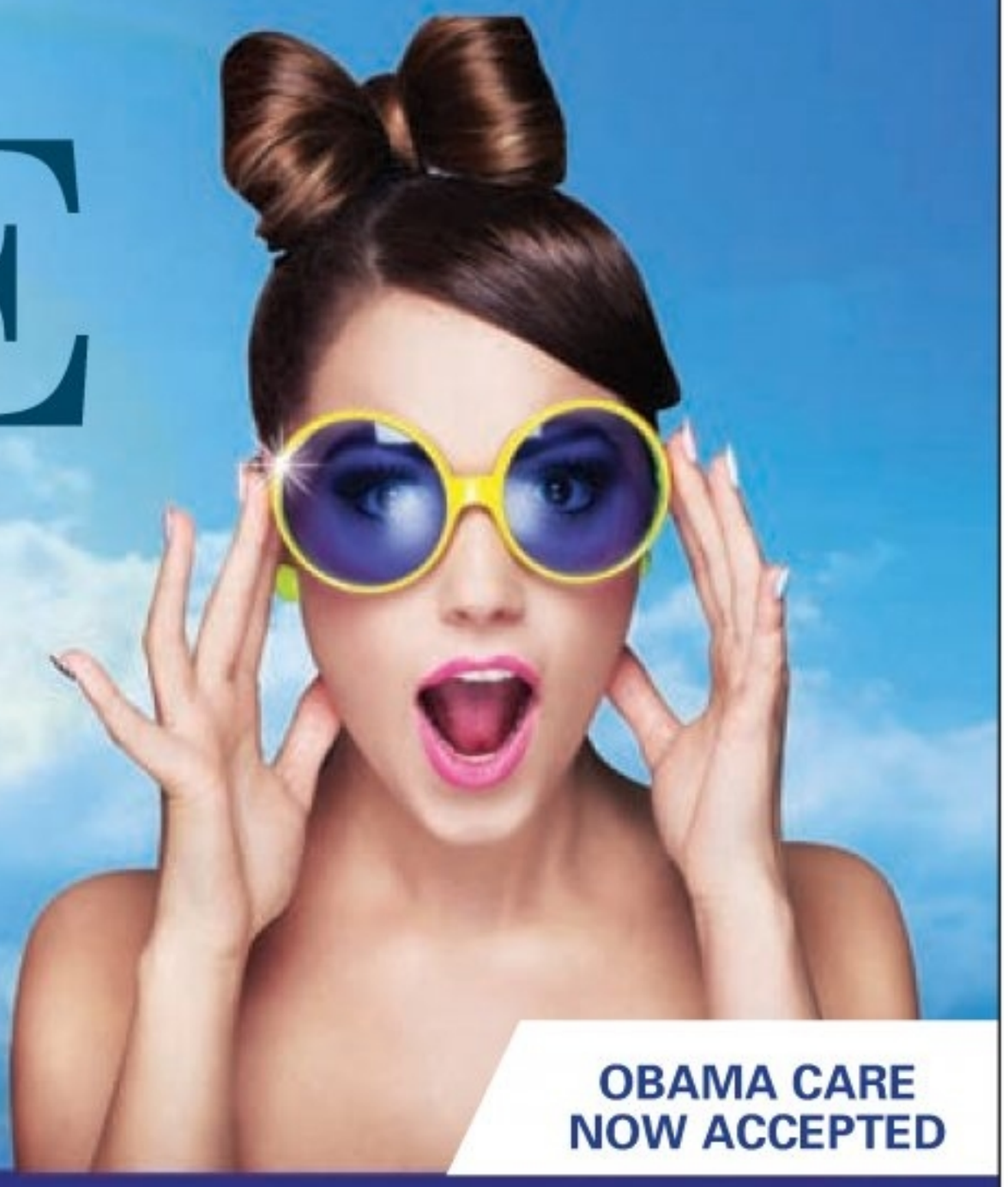

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Supreme Court appears split over Obama's immigration plan

The Supreme Court appeared closely divided on Monday as it weighed whether to revive President Barack Obama's plan to spare from deportation roughly 4 million immigrants in the country illegally, raising the possibility of a 4-4 deadlock that would block the program.

Based on questions asked during the 90-minute oral argument in a case that tests the limits of presidential powers, the court's four liberal justices seemed poised to back Obama while the four conservatives were more skeptical.

If the court is to avoid a 4-4 split, Chief Justice John Roberts could be the most likely member of the conservative bloc to join the liberals in voting to reinstate the program. One possible compromise outcome would be that the court could uphold Obama's plan while leaving some legal questions unresolved, including whether the government can provide work permits to eligible applicants.

Immigration reform supporters rally outside of the Supreme Court. GETTY IMAGES

The court is evenly divided ideologically following the February death of conservative Antonin Scalia. A 4-4 split would leave in place a 2015 lower-court ruling that threw out the president's executive action, which bypassed the Republican-led Congress.

The case, one of the biggest of the court's current term ending in June, pits Obama against 26 states led by Texas that filed suit to block his immigration plan.

If the court does muster a majority to decide the case, it appeared the justices would resolve the merits of the legal claim instead of deciding it on the narrow procedural question of whether the states had legitimate grounds to sue. Texas said it had "standing" to sue because it would be hurt by the additional costs it would incur by providing driver's licenses to those who obtain legal status.

Roberts asked tough questions of the Obama administration on that point, but seemed less aggressive on whether the government had the authority to implement the program. REUTERS

BRIEF

Clinton says she would 'go further' than Obama on immigration if elected

Democratic presidential candidate Hillary Clinton said if she wins the White House she would go farther than President Barack Obama's executive action on immigration and would propose comprehensive immigration reform legislation within 100 days of taking office.

"I will do everything I can to protect the president's executive actions and go further to bring more people relief and keep families together," Clinton said in a statement.

Obama, who has seen many of his major legislative initiatives stifled by Republican lawmakers, has drawn Republican ire with his use of executive action to get around Congress on immigration policy and other matters including gun control and health care.

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Clinton GETTY IMAGES

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Jerusalem bus blast wounds 16

Israeli security forces stand guard as firemen extinguish a burning bus following an explosion in Jerusalem. GETTY IMAGES

An explosion tore through a bus in Jerusalem on Monday and set a second bus on fire, wounding 16 people in what an Israeli official said was a bombing.

Israeli media said a man who was seriously injured and not carrying any identification papers was under investigation on suspicion he was responsible.

Suicide bombings on Israeli buses were a hallmark of the Palestinian revolt of 2000-2005 but have been rare since. A bomb left by an Israeli Arab aboard a Tel Aviv bus during the 2012 Gaza war caused injuries but no deaths.

Police initially said they were looking at the possibility that a technical malfunction caused the fire in Derech Hebron, an area in southwest Jerusalem close to the boundary with the Israeli-occupied West Bank. But a spokeswoman for Nir Barkat, the Israeli mayor in Jerusalem, said the explosion was a detonation.

"It was small, but it was definitely a bomb," the spokeswoman, Brachie Sprung, told Reuters.

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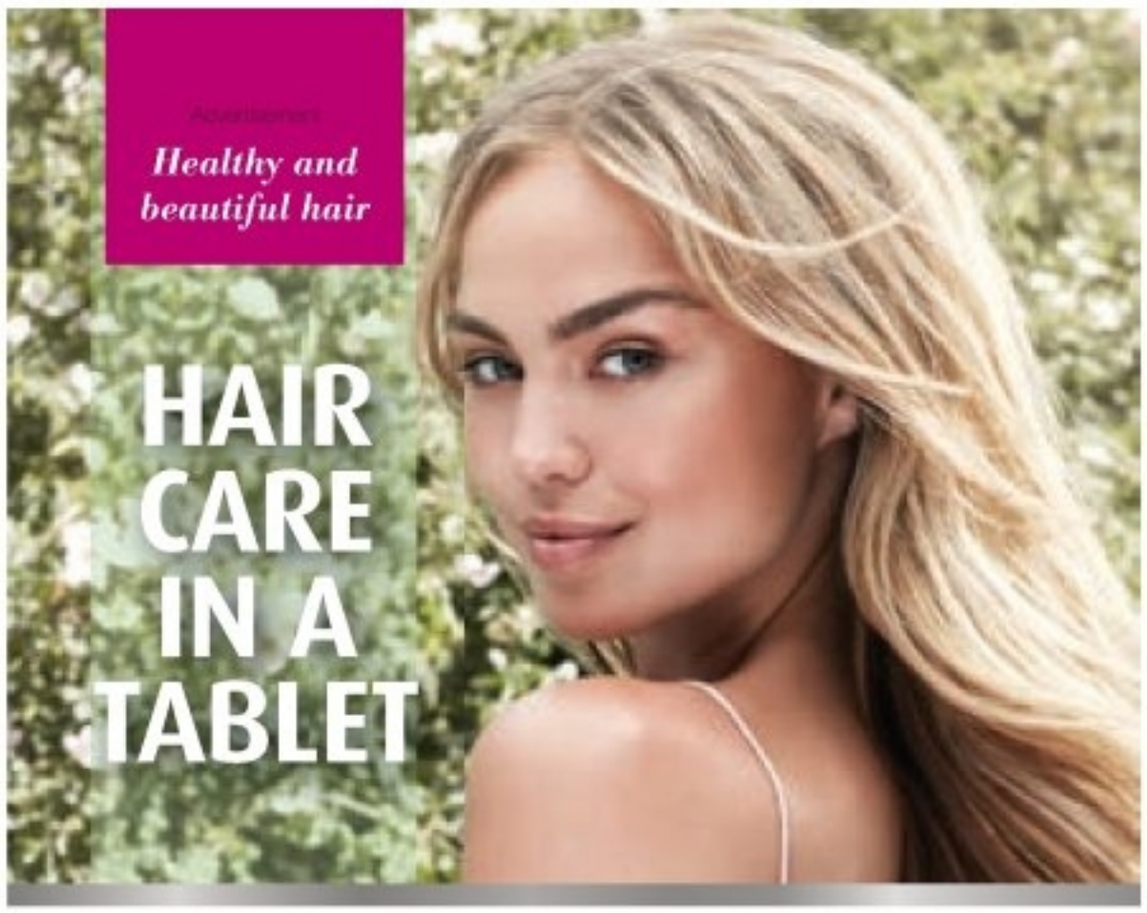

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Chrissy Teigen, John Legend welcome first daughter

ALL PHOTOS GETTY IMAGES

Well, it's finally happened: Chrissy Teigen and John Legend welcomed that daughter they've been on about, keeping everyone up to date throughout the course of Teigen's pregnancy. Little girl Luna Simone Stephens was born Thursday, coming in at 6 pounds, 11 ounces, according to an Instagram update from the couple Sunday. "She's here! Luna Simone Stephens, we are so in love with you! And sleepy. Very sleepy," Teigen said in a caption. During the course of the pregnancy, Teigen had caught flak for their decision about the baby's gender early on, a position she steadfastly defended. "I also picked the embryo with a taste for bacon, a knack for magic and size 7 feet so she can always find shoes," she joked back in February.

the word

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No jail time for Amber Heard in Aussie doggy case

Amber Heard is off the hook — sort of. The actress pleaded guilty to providing a false immigration document in her high-profile legal battle over her and husband Johnny Depp bringing their prize terriers into the country without permission while Depp was making more "Pirates of the Caribbean" movie magic. While Australian officials had initially talked a big game about throwing the book at Heard over the matter, the prosecutors eventually decided to drop the more serious, jail-threatening charges of illegally importing the animals.

All Heard has to do now to be in the clear is pay a fine — of $1,000 Australian — and not commit any offense in Australia over the next month. Seems reasonable enough. Oh, and she and Depp did also have to record a terrifying, hostage-style apology video extolling the virtues of Australia's ecosystem. At least I think they had to do it, since it certainly doesn't look in any way voluntary.

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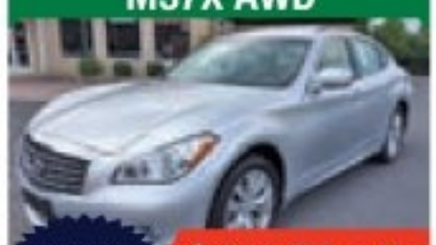
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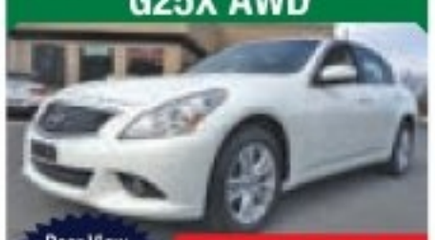
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Don Cheadle does right by Miles

GETTY IMAGES

With "Miles Ahead," the actor didn't want to give the jazz legend a boring biopic.

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First off: No, Don Cheadle doesn't have a favorite Miles Davis record.

"It depends on the mood," the actor admits. "There's so many in there. It's like different foods. They each have a different palate that satisfies."

Cheadle, 51, did know which part of the jazz legend's life he wanted to film, and it may be surprising, especially considering his film — the new "Miles Ahead," which the Oscar-nominated actor stars in, co-wrote and directed — is the first big movie about Davis' life. Cheadle picked the late '70s, specifically a few days during the five years he had quit music completely, holing up in his New York apartment, growing out his hair and acting even more erratic than usual.

Normally artists — especially troubled geniuses like Davis — get sprawling, career-spanning movies. Cheadle knew he didn't want that.

"He was relevant in music for 40-plus years. Each moment would have been given such short shrift," Cheadle explains. Over the years Cheadle had been pitched movies about Davis' life. "They felt like Cliffs Notes of his life."

Besides, Davis probably would have hated a standard, sleepy biopic. "I think he actually went on

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Don Cheadle dons a shaggy wig and a red horn to play Miles Davis in "Miles Ahead," which he also co-wrote and directed. SONY PICTURES CLASSICS

record about some movie he had seen done that way," Cheadle says. "He said, 'Eh, I hate that s—. Don't do that with me.'"

But "Miles Ahead" is also a wild, often free-form movie that's more speculative fiction than Wikipedia movie. Cheadle's Davis winds up joining forces with a dodgy Rolling Stone journalist (Ewan McGregor) to steal back some tapes featuring his first recorded music in years, from a shady record label. Along the way, Davis periodically flashes back to the 1950s and '60s before snapping back to the present.

"I wanted it to feel like we're walking through a Miles Davis experience, rather than be something that was informational," Cheadle admits. He recalls visiting a Davis museum exhibit a few years back. "For the five year period [of no work], you walked into this dark space where the walls come in and it's very strange and tactile. You feel like you're inside Miles' brain. I wanted that feeling for the movie."

Avoiding being "Kind of Blue"

"Miles Ahead" leaves a lot of even basic 101 info out of the movie, and even interrupts big hits — like "So What," off of his best known record, "Kind of Blue" — with deep cuts. Cheadle found he didn't always have access to some of his subject's biggest hits.

"You'd come across a track and say, 'I want to use that one.' They'd say, 'That's not actually written by Miles,'" Cheadle says, laughing, about how Davis would erroneously claim credits from collaborators, like Wayne Shorter. "Miles would change three or four notes in a tune then say it was his song. He was like, 'Hey, I gave you the room to do that, so my name's on it.'"

Cheadle found that sometimes a more obscure song would be just as cinematic. He also didn't stick to playing songs over the appropriate periods. "If I want to play something from '87 in 1958, I want to be able to do that," he says.

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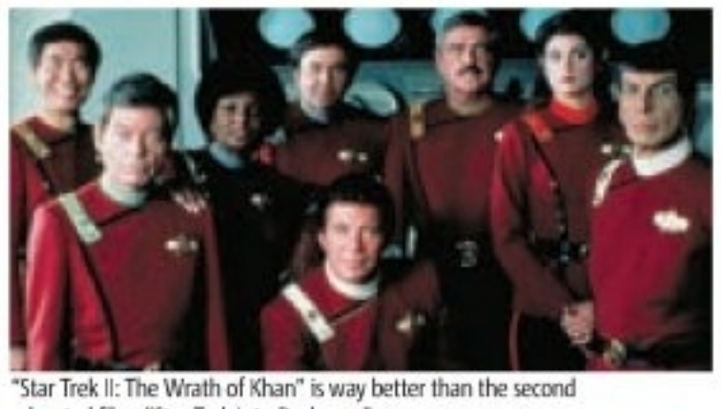
'MAJOR LEAGUE'

It was 1989, alright: Corbin Bernsen, Charlie Sheen and Tom Berenger were top-billed (and over Wesley Snipes) in the baseball comedy "Major League." PARAMOUNT PICTURES

We're at the point where even the fun-filled films of 25 years ago can look questionable. Sure enough, David S. Ward's classic baseball romp is filled with the kind of casual misogyny and racism that was de rigueur in the cinema of 1989. But just as we're not going to throw Buster Keaton's "Seven Chances" under the bus just because of some of its full-on racist gags, we can find a balance between recognizing this one's backwardness without condemning it. Not that "Major League" is in the same universe as Buster Keaton, though its slovenly good vibes and underdog premise — the loser lineup of the Cleveland Indians fight to prove they're secret all-stars — is nigh irresistible. And can we get a Tom Berenger-ssance?

'STAR TREK II: THE WRATH OF KHAN'



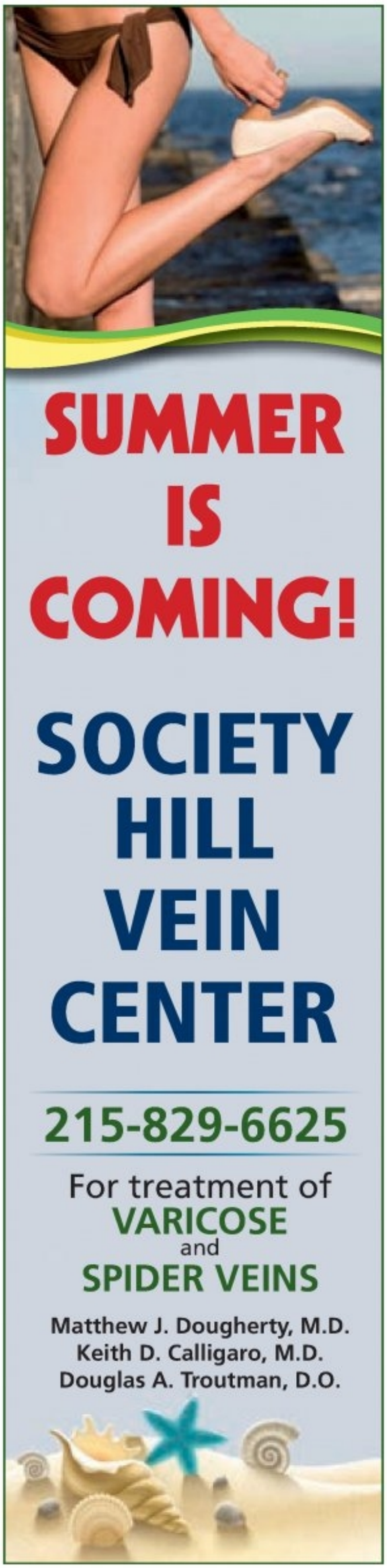
"Star Trek II: The Wrath of Khan" is way better than the second rebooted film, "Star Trek Into Darkness." PARAMOUNT PICTURES

Do nerds even like the new "Star Trek" movies? J.J. Abrams gave "Star Wars" heads exactly what they wanted with "The Force Awakens" — that is, a carbon copy of the first "Star Wars." But when he rebooted Captain Kirk et al., he dumbed it down so much for the masses that it might as well be any rando space opera. At least in 1982 even plebes flocked to the only sort-of-brain-drained movies with the OG crew, including the best one, which exhumed a fan favorite baddie — Ricardo Montalban's superduper, megahammy Khan — for a romp that's equal parts thrilling and brainy.

'BREATHE'

Lou de Laage, left, bewitches a mousy fellow student (Josephine Japy) in Melanie Laurent's French drama "Breathe." FILM MOVEMENT

There aren't enough films about female friendships, and even fewer about when they go south. The feature debut of actor Melanie Laurent is about both. Using increasingly tense long takes, Laurent crams us in the head of a mousy high schooler (Josephine Japy) who finds herself an improbable bestie in the cool new girl in town (Lou de Laage). Then, just like that, one chills on the other, leading to heartbreak and worse. It's a platonic breakup movie with the sexual tension left in, and Laurent's handiwork is so deft you might forgive, or even defend, its problematic-ish ending.



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"Nourish" authors Amber Rose, Holly Davidson and Sadie Frost. ALL PHOTOS PROVIDED

Kate Moss swears by this beautiful body book

"Nourish" will make over your body from the inside, out.

EMILY LAURENCE
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It's easy to get wrapped up in one aspect of living a healthy lifestyle, like making it to the gym three times a week, or cutting out carbs. But personal trainer Holly Davidson says truly living a balanced lifestyle goes deeper than that: "It's not just about food. It's not just about exercise. It's very much about your mind, body and soul."

Davidson teamed up with her friends Amber Rose (a private chef) and actress Sadie Frost to write a book that encompasses exactly that. "Nourish" is a handbook — possibly the prettiest one ever — that gives women tips on eating well and exercising, but also having a healthy mindset and feeding their soul in other ways, such as all-natural beauty treatments, meditating and practicing making yourself a priority.

Fitness

Davidson tells us everything stems from the mind, including her area of expertise: fitness. "You could [look at] the fittest person in the gym and that person might very well have thought, 'I didn't want to go today. I have period pain. My gym bag isn't packed. Just forget it.'" Everyone has emotional blocks to overcome, which the book dives deep into how to overcome.

Banana pancakes that you can feel good about eating.

"Nourish" gives step-by-step fitness moves that can be done at home with very little equipment and personal goals to set while explaining how the results spill over into other areas of your life, like your sex life or stress level.

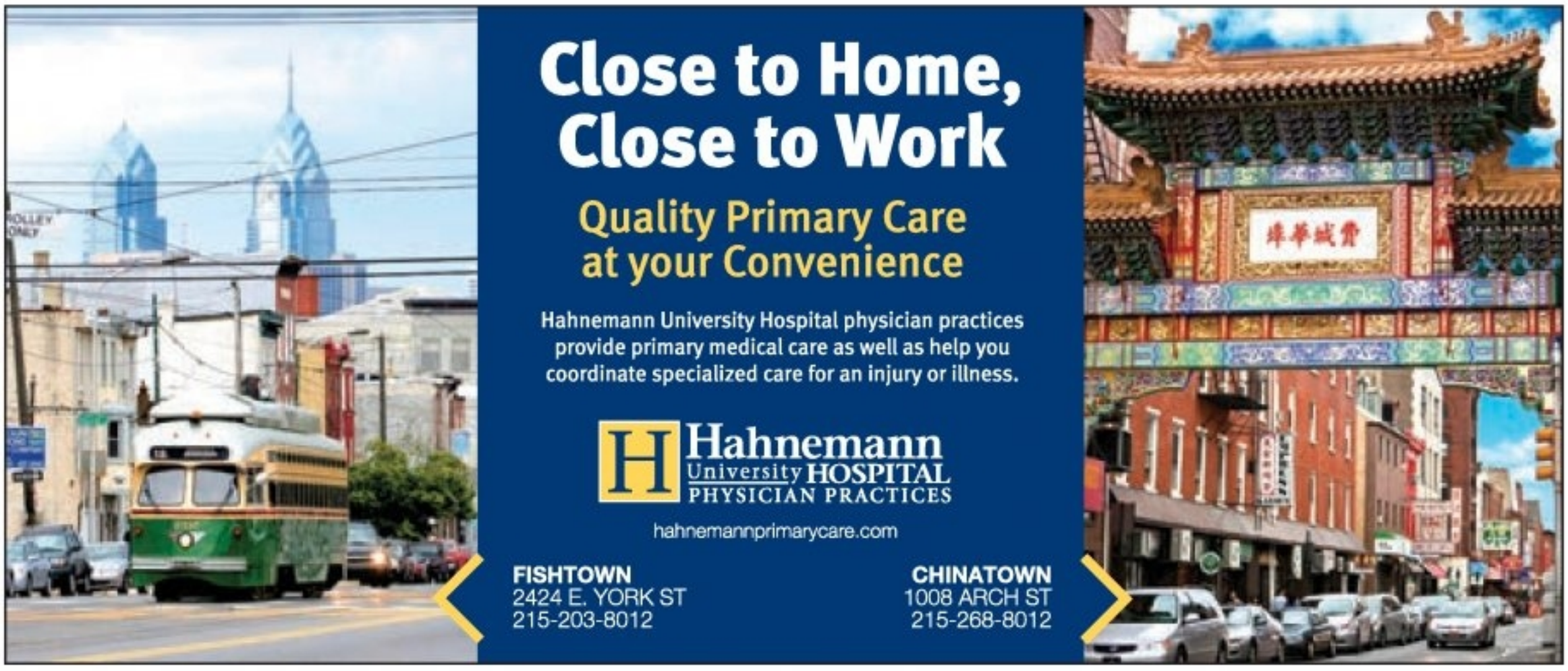
Food

Real women have families, invite friends over for dinner, crave pancakes on Sunday mornings and occasionally want a piece of cake. The recipes in "Nourish" reflect that. There are recipes for all the "healthy" foods you might expect such as smoothies and buckwheat oatmeal, but it also has recipes for coconut and banana pancakes, Japanese chicken and blackberry and rose cheesecake.

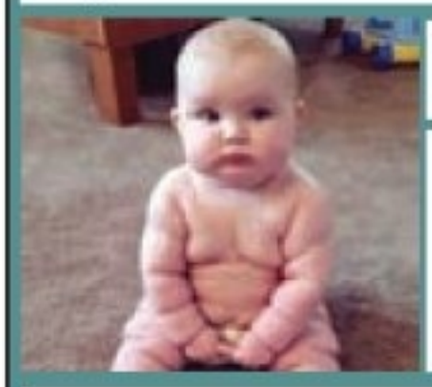
"What we eat greatly determines how we feel," Amber Rose writes in "Nourish." The recipes she uses are made with nutrient-dense foods, healthy fats and, of course, lots of fruits and veggies. "The idea that we can adapt what and how we eat to alter how we feel within ourselves is empowering," Rose writes in the book.

Soul

For her part, Sadie Frost is open about her past struggles with anxiety and depression and reveals what worked for her. Learning various breathing techniques and meditating transformed her. Frost shares how to do it, partially by including yoga for different moods, such as depression or anger.



When you're cute but you ain't summer ready



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How often couples should have sex

ISTOCK

Are you doing it enough?

EMILY LAURENCE
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Whether you and your partner are having loads of sex or are doing it sparingly, it's natural to wonder if other couples are getting down more — or less — than you are. Or, if things have cooled off in your relationship a bit, you may wonder if that's normal or if you should be jumping your partner's bones even when you're not in the mood. It all comes down to the same question: How much sex should I be having?

A new study conducted at Dalhousie University in Canada attempted to answer that question, asking couples many questions about their relationship, sex and generally how happy they were overall. The researchers found that couples who had sex tended to be happier than couples who didn't, but the level of happiness plateaued at once a week. In other words: Couples who had sex five times a week were not happier than couples who had sex once a week. But couples who had sex once a week or more were happier than couples who did not have sex at least once a week.

Of course it's important to keep in mind that a myriad of things can factor into how often you are having sex, including outside stressors beyond your control. But getting things back on track with a weekly tryst may help whatever is causing the dry spell — at least, according to science.

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GETTING OUR KICKS AT PAPELBON'S EXPENSE

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Jonathan Papelbon is the Phillies all-time leader in saves. GETTY IMAGES

What a dreadful weekend for our teams against those Washington bullies. The Capitals skittered a 100-foot clearing shot past Steve Mason Saturday night. The Nats outscored the Phils, 17-2, in two games, as Bryce Harper homers kept bouncing around Ashburn Alley.

Disheartening. We needed a win. Revenge had to be exacted. Thankfully, it arrived Sunday afternoon in the form of Jonathan Papelbon.

The whining, redneck loudmouth — once signed by Ruben Amaro to an obscene five-year, $63 million contract — has become our personal punching bag since the Phils dumped him on Washington last summer. In four appearances against the Phils, he's 1-2 with a lusty 12.27 ERA.

"They're just another team to me," Paps sneered after a Freddy Galvis double beat him in the 10th inning Sunday. And then, in the "my dad can beat up your dad" vein, he added, "We're in first place and we won the [bleeping] series, man. You know?"

Yeah, we know. We derive little joy being the rebuilding team that gets beat upon. Phils fans have suffered through watching their three primary corner OFs hit a combined .125 with 0 HRS and 2 RBIs through 13 games. Mostly, we crane our necks toward Reading and Lehigh, waiting for reinforcements to arrive.

So give us those rare moments of joy when an enemy of the state — a blabbermouth who never jibed with teammates nor understood our culture — comes back to Citizens Bank Park for humiliation. Allow us to laugh at the fool on the hill.

Despite the reputation, our town has been magnanimous toward former locals making a return. We cheered McNabb at the Linc, even through his cringe-inducing "No. 5 will always love you" onanism. Pat Burrell and Jim Thome got standing ovations, for Pete's sake. Flyer fans are appreciative of anyone who formerly bled for the black and orange. Unless, of course, his name happens to be Dan Carcillo.

But when the sins of the ex warrant it, we can be leather lunged. So Desean Jackson and Terrell Owens had to hear for their big, fat, slobbering mouths. Scott Rolen and Billy Wagner drew our scorn. Jayson Werth too, although, to be honest, I never understood what his crime was against our fan base.

With Papelbon, there is no gray area. His play for the Phils over three-plus seasons was fine. Still, he was a vastly overpaid disruptive force who declined to enter games unless he felt perfect. He undermined managers and coaches, tangled with gods like Chase Utley and loudly declared, "I didn't sign up for this," after finishing second in baseball in blown saves in 2013.

Philadelphians should feel no shame about heckling former players, particularly when they come this loathsome. Being a Phillies fan right now is like being the guy who once had the beautiful girlfriend, only to get ditched.

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AUCTION DATE: 4/26/16 TIME: 11:00 AM
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AUCTION DATE: 4/27/16 TIME: 10:30 AM
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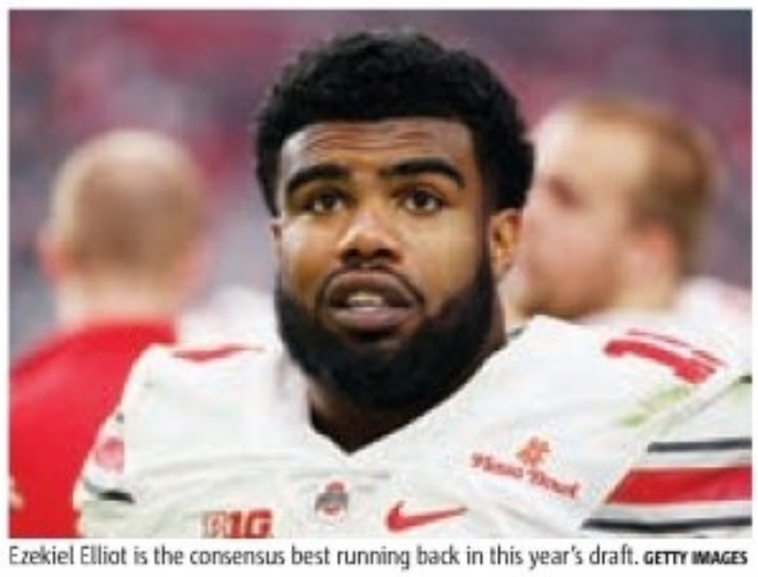
Eagles, Elliot appear to have a strong mutual interest

The Ohio State standout is a complete running back, according to Howie Roseman.

EVAN MACY
@evan_macy
evan.macy@metro.us



Ezekiel Elliot is the consensus best running back in this year's draft. GETTY IMAGES

The Eagles need an impact running back and Ezekiel Elliot — the Ohio State phenom who runs with speed, power and emotion — is slated to go right around where the Eagles pick at No. 8.

But sheer speculation isn't the only evidence to support the inference that Philly will snatch the runner given the chance in two weeks when the NFL draft begins.

Elliot visited the Eagles last Wednesday, and According to James Walker of ESPN, Philadelphia is the team that seem most intent with choosing him in the first round.

In Monday's meeting with print journalists at the NovaCare complex, Howie Roseman didn't refute the possibility of Elliot wearing green on draft night.

"You talk about the elite guys and where they are coming from, it's hard to find three-down backs," Roseman said. "When you get a chance to look at someone like that, it changes the discussion. On your board you have guys that are role players, first-and-second down guys, guys that can play on third down. But to have that complete back, changes the dynamics of your offense."

Roseman went on to say that the former Buckeye, who ran for almost 4,000 yards during his college career, was indeed a complete back.

"What he does with the ball not in his hands is rare," he continued. "You see it, he has got a mentality where he wants to pass protect. He will be a lead blocker, which is rare in college football right now."

The Eagles have a void to fill now that DeMarco Murray is a Tennessee Titan after just one season in South Philly. And linebacker Brandon Graham (who, for the record, went to OSU's heated rival Michigan) also wants the Eagles to tag Elliot as Murray's replacement alongside Darren Sproles and Ryan Mathews.

If the Birds do not snatch Elliot, they are expected to address their offensive line in the first round by taking someone like Notre Dame's Ronnie Stanley.

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Court of Common Pleas of Philadelphia County, Orphans' Court Division, Estate of Annie Marie Caleb, deceased, O.C. No. 1213 of 2014: Notice is hereby given that on March 28, 2016, a decree nisi was entered decreeing that, pursuant to the petition of Laverne Furlow, fee simple title to the interest of Annie Marie Caleb, deceased, in the real estate located at 841 N. 15th Street, Philadelphia, Pennsylvania, is in Laverne Furlow. If no exceptions to the decree are filed within three months, the decree shall be confirmed absolutely.

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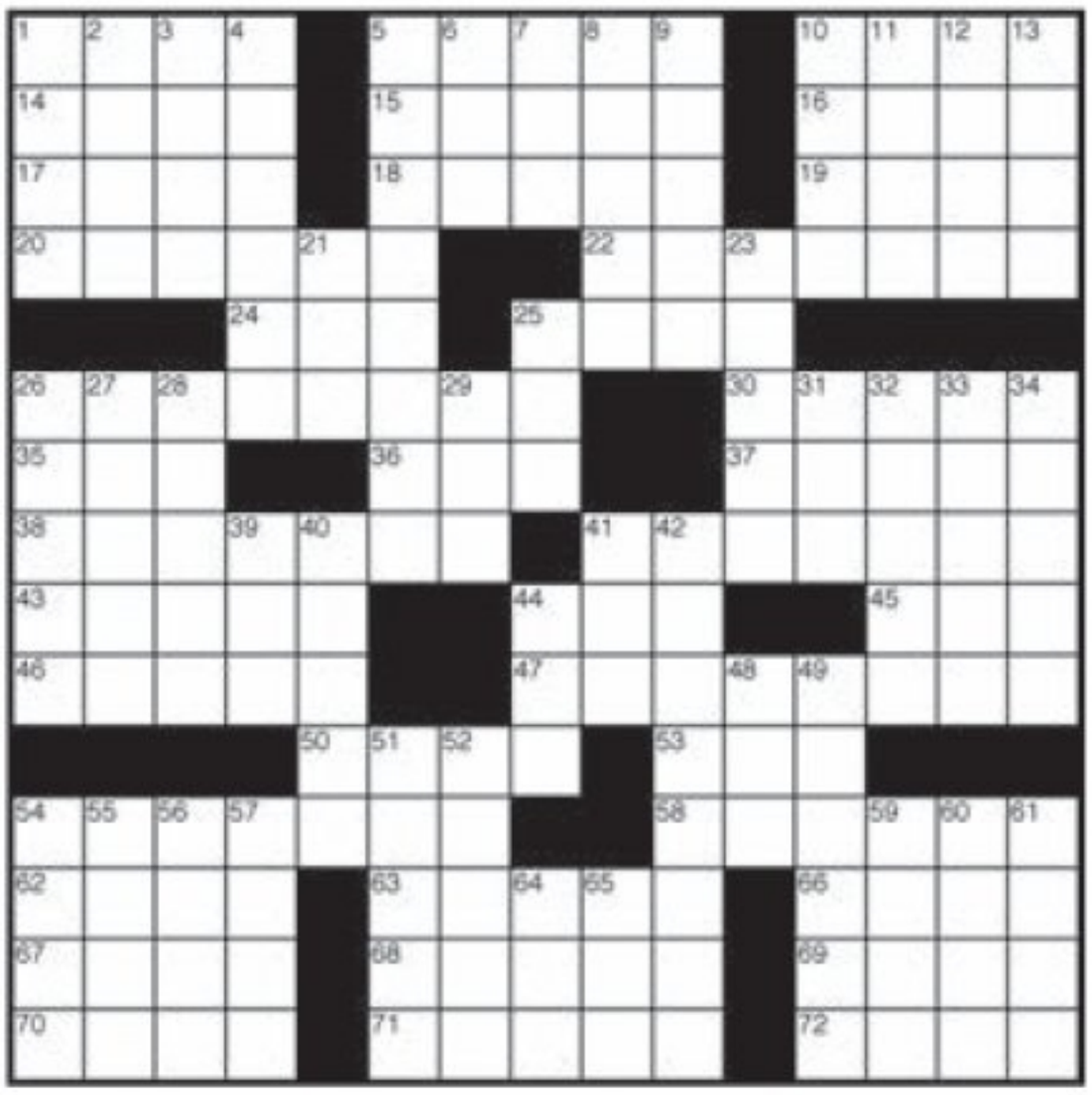

Across

1 Fermi split it
5 Trouser feature
10 Machine teeth
14 A kiss in Granada
15 Walkway
16 Eye shade
17 In need of a retread
18 Spy mission
19 NBA's — Monroe
20 Paramecium associate?
22 Alarmed
24 "Maggie May" singer
25 Comic-strip dog
26 Leaner
30 Came unglued
35 Electron loser
36 Old B'way posting
37 Diamond setting
38 It may be scarlet
41 Climber's gear
43 Prince Val's wife
44 That means —!
45 Suffix with stamp
46 Like the upper atmosphere
47 Bars
50 Howls at the moon
53 "— -Tiki"
54 Gander (hyph.)
58 Male attendants
62 Navy rival
63 Black-tie affairs
66 Face-to-face exam
67 Ex-PM Golda
68 Curie daughter
69 Mishmash
70 Early movie terrier
71 Grumpy moods
72 Iodine source

Down

1 "Mamma Mia" group
2 Kind of spirit
3 Norway's capital
4 Current
5 Seventh heaven
6 Untruth
7 PC button
8 On a glider
9 Doctrine
10 10-4 buddy
11 Viking name
12 Meditation guide
13 Talk up
21 — appetit!
23 Major artery
25 Incan treasure
26 Hindu lute
27 Sluggish marsupial
28 — circle or ear
29 Goof up
31 Objective
32 Hung open
33 Form a butte
34 They may be great
39 Did lunch
40 Getups
41 Wally of "Mr. Peepers"
42 Uproars
44 Da or ja
48 — Gatos, Calif.
49 Detach
51 Patronage
52 Be lovesick
54 Prayer-wheel turner
55 Buried treasures?
56 Pass over
57 Sedgwick of the screen
59 Whodunit name
60 Kind of road?
61 Spill or splatter
64 Luau welcome
65 Grasshopper's rebuker

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8		7						
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						4		1
1				4				3
			7		5		9	
5	3		6	9			4	7

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Aries Put your money to good use. Invest in your skills and whatever will help you raise your standard of living. The benefits that follow will prompt new beginnings.

Taurus Concentrate on keeping up with fast-changing technology and knowledge. The better equipped you are to take on new projects, the more opportunities you will encounter.

Gemini Socialize, network and do your best to make a difference. Your work will put you in the limelight, so be sure to follow through with any promises you make.

Cancer Your astute and precise way of dealing with domestic and work-related situations will give you the edge if someone challenges your decision. Your instincts will not let you down.

Leo The less you complain, the easier it will be to finish what's expected of you. Then you can move on to activities that promise adventure and excitement with a clear conscience.

Virgo Sharing ideas will prompt a couple of crucial changes in a project that you are involved with. Don't take a backseat to someone who is all talk and no action.

Libra Impulsiveness will be your downfall. Don't give in to emotional whims or spend money you don't have. Discipline, fitness and a proper diet should be your goals.

Scorpio A lifestyle change will go part and parcel with a developing partnership. If you share your thoughts, you'll come up with a plan that will benefit everyone involved.

Sagittarius Sharing something special with friends, children or loved ones is favored. Don't venture too far from home. Delays while traveling are prevalent.

Capricorn If you are asked to deal with other people's affairs, take precautions. Your time will be better spent fixing up your personal space and making changes in financial security.

Aquarius You need to get back to basics and consider taking part in some of the activities you used to enjoy. A new look will result in a pumped up attitude.

Pisces Listen to people who have experience in a field that interests you. Gathering as much information as possible will help you find what works best for you. **EUGENIA LAST**

Yesterday's answers

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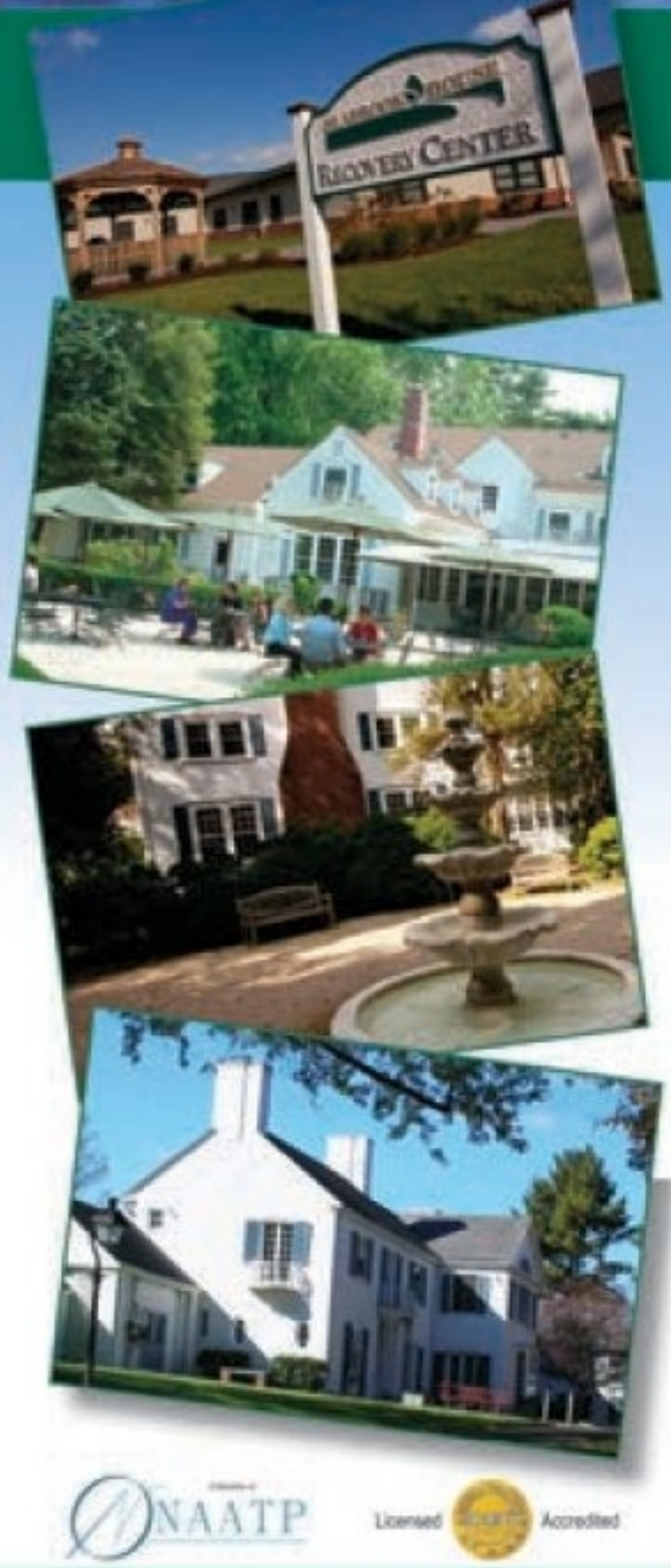

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